

Turkey Taco Soup



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Recipe by: Laura Vitale

Serves 4 to 6

Prep Time: 10 minutes

Cook Time: 1 hours 0 minutes

Ingredients

- 1 lb of Ground Turkey
- 2 Tbsp of Olive Oil
- 1 Small Onion, diced
- 1/2 of a Bell Pepper, diced
- 3 cloves of Garlic, minced
- 14-1/2 oz can of Tomato Sauce
- 6 cups of Water
- 14-1/2 oz can of Corn, drained and rinsed
- 14-1/2 oz can of Kidney Beans, drained and rinsed
- 1 1/2 Tbsp of Taco Seasoning
- 1 1/2 Tbsp of Beef Bouillon Powder
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Toppings:

- Chopped Cilantro
- Chopped Scallions
- Sour Cream
- Tortilla Chips
- Fresh Lime

1) In a soup pot, add the olive oil, preheat over medium-high heat, add the turkey, break it up as much as you can and cook until it's half way done, then add the onions, garlic and pepper and continue to cook until they soften and develop some color.

3) Add the tomato sauce, water, seasonings, beans and corn, bring to a boil, partially cover with a lid, reduce the heat to medium low and simmer for about 45 minutes.

4) Adjust the seasoning to taste and serve with desired toppings.

